May 12, 1978
[redacted]
Austin, Texas 78758

Robert Monroe
Monroe Institute of Applied Sciences
P.O. Box 57
Afton, Va. 22920

Dear sir;

Recently I have been reading your book Journeys Out of the Body and I was startled by the similarity between the experiences you describe and several that I have had in the last year. Because my technique for "getting out" is a little different from yours and because I have numerous questions and ideas about this phenomenon, I feel compelled to write you.

It began for me sometime last summer (I am afraid I don't remember the date or even the month). I had read some of Jane Roberts' books on and by Seth and was interested by his exercises to aid in experiencing other realities. I decided to try to go into a trance and experience flame. Now I realize just how big an order this was. At any rate, I found that I was able to concentrate and relax sufficiently so that I fell asleep and stayed awake at the same time (this is how I later described it). The vibrations came on and increased in intensity so that it became a hum throughout my body. I became very warm and decided that this was as close to the flame experience that I wanted to go. I had no idea that this would be a regular pattern for going into a trance; I thought the heat I felt was the beginning of the flame.

Although facinated by the experience of last summer, it was not until last Monday (May 8, 1978) that I was able to screw up my courage to try again. (With me it is largely voluntary; it doesn't just come over me.). I had read the short article in Newsweek from the last week of April in which your activities in O.O.B.E. were mentioned, so I called the Texas Parapsycology Assn. here in Austin to ask if you had any books out and to ask about your tapes. A gentleman there, Colonel Jackson, told me of your book and said he could help me have an O.O.B.E. At this time I didn't realize I had begun one the summer before.

I met with Col. Jackson the following Monday (again, the 8th) and felt that , if anything, I had been hypnotized. I had great difficulty in getting into a trance despite the relaxation methods employed by the Colonel. I beleive both of us were dissappointed. At home I decided to put myself under to prove to myself that I could do it and because I was still very excited by the O.O.B.E. concept. In short, I did get out with some assistance, and I will enclose a copy of the notes I took two days after the "trip" when I began to follow your example.

After the experiment, I was confused and concerned about my visit to this other place. I don't know how many times I told my wife "I'm sure that I did it, I'm certain I got out." But I wasn't exactly sure of where I had gone since I expected to float about in my bedroom, not to suddenly be exposed to various horrible creatures.

Two days later (fortunantly it was so soon) I found a copy of Journeys Out of the Body Upon reading it, my relief was immense, and my excitement in exploring this new concept knew no bounds.

I would like to set up some sort of correspondance both for support and for the exchange of information. (For example, in an effort to reduce my snoring, the existance of which I doubt, my wife suggested that I place a block of connected pyramids under my pillow. These are about one inch tall and cause no discomfort. Earlier we had experimented with it in the preservation of food, milk, and found it worked well in that capacity. In other tests we could see no effects it might have had. But when the thing

was placed under my pillow, I had the most vivid powerful dreams. In the last week I have tested it in relation to bringing on the vibrations and have found that they came on more quickly and stronger than before.). I am aware that you will probably never have the time to answer this yourself, but if one of your staff would reply, I would be most appreciative.

My excitement stems from the fact that not only is another universe opening up for me, but that I went into the Second State before reading your book. Since I approached this thing from a slightly different angle, perhaps some new insights or clues into the O.O.B.E. can be gained from this.

I am married as mentioned earlier, and I work as a legislative aide to a state representative and intend to go to law school as soon as Clare, my wife, finishes her degree.

If I never hear from you or your staff let me tell you now of my gratitude for the publication of your experiences. They have helped me tremendously.

Sincerely,

[redacted]

Notes from 5/8/78

Darkened the room. Turned on the window fan to muffle outside noise. Lying on my back with feet and legs covered. Used mental "sweeping" motion to clear my mind. Repeated this several times. Felt tingling (R.M. calls it vibration) moving in waves from my feet to my head. It felt as if a circle or band about two inches wide was moving over me, or, rather, I through it. This tingling band increased its speed until there seemed to be a roar in my head and my entire body was "humming".

At this point I felt ready to leave my body, but had no knowledge of any practical way (actually, any way) to go about it. So I tried what the Colonel had tried earlier: I asked, mentally,for help. After mentally saying "I'm really trying. Come help me." several times I "saw" (my physical eyes were closed) several (it seemed like three) persons (?) behind me. I could just see them out of the corner of my eye. Mentally, they told me, tauntingly, " You want to come out? This way; this is the way out." They were positioned behind me, between the wall and the top of my prone head.

I felt movement, and, almost immediately saw a large,white, distorted image of my dead father's face pass very closely in front of me from left to right. Several other figures, whitewere seenbut not clearly; I couldn't recognize them.

I began looking about me and saw, very clearly, other horribly mutilated figures, but I looked away (blacked them out ?) almost as soon as I saw them. These creatures made threatening gestures and took threatening postures so that I was frightened. Suddenly a realization hit me: "What could they possibly do to me here?" I then decided to look at one of these figures. He was large and brawny with elongated arms and head. He had several rows of teeth (four or five) sticking out of the largest gums I have ever seen. As my feeling of security continued, the creature seemed to back down and became, not curious, but suprised by my reaction to him, or more probably lack of it. Is this "lack of fear" (much like I use on threatening dogs) a key to getting by these guys?

I decided I had seen enough for the first time out and really was anxious to tell Clare about it. The return took about a minute. I returned almost immediately to my body but felt I should wait for the tingling to subside.

P.S.

I have several witnesses to my descriptions of that night, primarilly my wife, who will verify that I had(at that point)not ever seen a copy of your book.

GH

OOB File

May 17, 1978

[redacted]

Austin, TX 78758

Dear Greg,

You're right. Bob is a very busy man. But he did read your letter and asked me to answer. There's not much I can say except welcome to the club. If you keep it up, your life may take a course far from your current plans. It takes courage of the highest order, and practice, and an ability to give up cherished notions about physical matter reality. It can be a source of deep sadness and aloneness; it also brings a joy and sense of fun beyond much of our previous experience.

I'll enclose a couple of our brochures so that you can see our approach to the control and use of these other energy systems.

With cordial regard,

C.

Christopher Lenz
Director of Training Programs